

## Vita Matthew Tyler Boden

**Address** Center for Health Care Evaluation  
Veterans Affairs Palo Alto Health Care System  
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### EMPLOYMENT

2010 – current Research Health Science Specialist, Center for Health Care Evaluation  
VA Palo Alto Health Care System

2010 –2011 Social Sciences Research Associate II, National Center for Posttraumatic Stress  
Disorder, Palo Alto Institute for Research and Education

### EDUCATION

2008 - 2010 Postdoctoral Fellowship, Stanford University, Department of Psychiatry &  
Behavioral Sciences and Psychology

2008 Ph.D., University of Illinois at Urbana-Champaign, Clinical/Community  
Psychology (Advisor: Howard Berenbaum, Ph.D.)

2007 - 2008 Clinical Internship, Veterans Affairs Palo Alto Health Care System

1999 B.A., Cum Laude, University of San Francisco, Psychology

### AWARDS

2009-2011 Extramural Loan Repayment Program Award, National Institute of Mental Health  
(L30 MH087212-01)

2007 Herman Eisen Award for Contributions to the Application of Clinical Science,  
University of Illinois at Urbana-Champaign

2006 Ed Scheiderer Memorial Award for Outstanding Research by a Clinical  
Psychology Graduate Student, University of Illinois at Urbana-Champaign

1999 Skill Leadership Recognition Award, University of San Francisco

1999 Who's Who Among Students in American Colleges & Universities, University of  
San Francisco

1998-1999 Alpha Sigma Nu (Jesuit Honors Society), University of San Francisco

1997-1999 Dean's List, University of San Francisco

1996-1999 University Scholars Scholarship, University of San Francisco

## PROFESSIONAL SERVICE

### Ad Hoc Editorial Consultant

- 2012 - *Psychology of Addictive Behaviors*
- 2011 - *Drug and Alcohol Dependence*
- 2011 - *Addiction*
- 2009 - *Archives of General Psychiatry*
- 2008 - *Journal of Abnormal Psychology*
- 2009 - *Journal of Psychiatric Research*
- 2008 - *Journal of Substance Abuse Treatment*

## PROFESSIONAL AFFILIATIONS

- Member: Association for Psychological Science (APS)
- Member: Society for Research in Psychopathology (SRP)

## RESEARCH SUPPORT

- 2004-2005 F31 MH071969-02 (Boden) 12 calendar months
- 2006-2007 NIMH: Individual Ruth L. Kirschstein NRSA Predoctoral Fellowship  
*Emotional Awareness and Peculiar Beliefs* (Role: PI)  
 Conducted a multi-method, multi-study investigation of the relations  
 between disturbances in emotional awareness and peculiar beliefs.

## PEER-REVIEWED PUBLICATIONS

- 33. **Boden, M. T.**, Thompson, R. T., Dizén, M., Berenbaum, H., & Baker, J. P. (in press). Are emotional clarity and emotion differentiation related? *Cognition & Emotion*.
- 32. **Boden, M. T.**, Gala, S., & Berenbaum, H. (in press). Emotional awareness, gender, and peculiar body-related beliefs. *Cognition & Emotion*.
- 31. Heinz, A. J., Peters, E. N., **Boden, M. T.**, & Bonn-Miller, M. O. (in press). A comprehensive examination of delay discounting in a clinical sample of cannabis-dependent military veterans making a self-guided quit attempt. *Experimental and Clinical Psychopharmacology*.
- 30. Cucciare, M. A., **Boden, M. T.**, & Weingardt, K. R. (in press). Brief alcohol counseling improves mental health functioning in veterans with alcohol misuse: Results from a randomized trial. *Journal of Affective Disorders*.
- 29. Babson, K. A., **Boden, M. T.**, Harris, A. H., Stickle, T. R., & Bonn-Miller, M. O. (in press). Poor sleep quality as a risk factor for lapse following a cannabis quit attempt. *Journal of Substance Abuse Treatment*.

28. **Boden, M. T.**, Gross, J. J., Babson, K., & Bonn-Miller, M. O. (in press). The interactive effects of emotional clarity and cognitive reappraisal on problematic cannabis use among medical cannabis users. *Addictive Behaviors*.
27. **Boden, M. T.**, Babson, K. A., Vujanovic, A. A., Short, N. A., & Bonn-Miller, M. (in press). Posttraumatic stress disorder and cannabis use characteristics among military veterans with cannabis dependence. *The American Journal on Addictions*.
26. **Boden, M. T.**, Westermann, S., McRae, K., Kuo, J., Alvarez, J., Kulkarni, M. R., Gross, J. J., & Bonn-Miller, M. O. (in press). Emotion regulation and posttraumatic stress disorder: A prospective investigation. *Journal of Social and Clinical Psychology*.
25. Babson, K. A., Blonigen, D. M., **Boden, M. T.**, Drescher, K. D., & Bonn-Miller, M. O. (in press). Sleep quality among military veterans with PTSD: A factor analysis and structural model of symptoms. *Journal of Traumatic Stress*.
24. \* **Boden, M. T.**, Bernstein, A., Walser, R. D., Bui, L., Alvarez, J., & Bonn-Miller, M. O. (in press). Changes in facets of mindfulness and posttraumatic stress disorder treatment outcome. *Psychiatry Research*.  
\* Cited by Mindfulness Research Monthly, Volume 9 (Sept. 2012)
23. \* Reber, C. A. S., **Boden, M. T.**, Mitragotri, N., Alvarez, J., Gross, J. J., & Bonn-Miller, M. O. (in press). A prospective investigation of mindfulness skills and changes in emotion regulation among military veterans in posttraumatic stress disorder treatment. *Mindfulness*.  
\* Cited by Mindfulness Research Monthly, Volume 9 (Sept. 2012)
22. Badour, C. L., Blonigen, D. M., **Boden, M. T.**, Feldner, M. T., & Bonn-Miller, M. O. (2012). A longitudinal test of the bi-directional relations between avoidance coping and PTSD symptom severity during and after PTSD treatment. *Behaviour Research and Therapy*, 50, 610 - 616.
21. Babson, K. A., **Boden, M. T.**, Woodward, S., Alvarez, J., & Bonn-Miller, M. O. (in press). Anxiety sensitivity and sleep quality: Independent and interactive predictors of PTSD symptoms. *Journal of Nervous and Mental Diseases*.
20. Bonn-Miller, M. O., **Boden, M. T.**, Vujanovic, A. A., & Drescher, K. D. (in press). A prospective investigation of the impact of cannabis use disorders on posttraumatic stress disorder symptoms among veterans in residential treatment. *Psychological Trauma: Theory, Research, Practice, and Policy*.
19. **Boden, M. T.**, & Berenbaum, H. (2012). Facets of emotional clarity and suspiciousness. *Personality and Individual Differences*, 53, 426 - 430.
18. Braams, B., Blechert, J., **Boden, M. T.**, & Gross, J. J. (2012). The effects of acceptance and suppression on anticipation and receipt of painful stimulation. *Journal of Behavior Therapy and Experimental Psychiatry*, 43, 1014 – 1018.

17. **Boden, M. T.**, Bonn-Miller, M. O., Vujanovic, A. A., & Drescher, K. D. (2012). A prospective investigation of changes in avoidant and active coping and posttraumatic stress disorder symptoms among military veterans. *Journal of Psychopathology and Behavioral Assessment*, 34, 433 - 439.
16. **Boden, M. T.**, John, O. P., Goldin, P. R., Werner, K., Heimberg, R. G., & Gross, J. J. (2012). The role of maladaptive beliefs in cognitive behavioral therapy: Evidence from social anxiety disorder. *Behaviour Research & Therapy*, 50, 287 - 291.
15. **Boden, M. T.**, Kimerling, R., Jacobs-Lentz, J., Bowman, D., Weaver, C., Carney, D., Walser, R., & Trafton, J. A. (2012). Seeking safety treatment for male veterans with a substance use disorder and PTSD symptomatology. *Addiction*, 107, 578 – 586.
14. Berenbaum, H., Bredemeier, K., Thompson, R. J., & **Boden, M. T.** (2012). Worry, anhedonic depression, and emotional style. *Cognitive Therapy and Research*, 36, 72 – 80.
13. **Boden, M. T.**, Berenbaum, H., & Topper, M. (2012). Intuition, affect, and peculiar beliefs. *Personality and Individual Differences*, 52, 845 – 848.
12. **Boden, M. T.**, Bonn-Miller, M. O., Kashdan, T. B., Alvarez, J., & Gross, J. J. (2012). The interactive effects of emotional clarity and cognitive reappraisal in posttraumatic stress disorder. *Journal of Anxiety Disorders*, 26, 233 - 238.
11. Berenbaum, H., Bredemeier, K., **Boden, M. T.**, Thompson, R. J., & Milanak, M. E. (2011). Affective instability, family history of mood disorders, and neurodevelopmental disturbance. *Personality Disorders: Theory, Research, and Treatment*, 2, 220 - 229.
10. **Boden, M. T.**, & Berenbaum, H. (2011). What you are feeling and why: Two distinct types of emotional clarity. *Personality & Individual Differences*, 51, 652 - 656.
9. Bonn-Miller, M. O., Vujanovic, A. A., **Boden, M. T.**, & Gross, J. J. (2011). Posttraumatic stress, difficulties in emotion regulation, and coping-oriented marijuana use. *Cognitive Behaviour Therapy*, 40, 34-44.
8. **Boden, M. T.**, & Berenbaum, H. (2010). The bidirectional relations between affect and belief. *Review of General Psychology*, 14, 227-239.
7. Pamieri, P, **Boden, M. T.**, & Berenbaum, H. (2009). Measuring clarity of and attention to emotions. *Journal of Personality Assessment*, 91, 560-567. Corrigendum: *Journal of Personality Assessment*, 92, 278.
6. **Boden, M. T.**, & Moos, R. (2009). Dually diagnosed patients' responses to substance use disorder treatment. *Journal of Substance Abuse Treatment*, 37, 335-345.
5. Berenbaum, H., **Boden, M. T.**, & Baker, J. P. (2009). Emotional salience, emotional

awareness, peculiar beliefs, and magical thinking. *Emotion*, 9, 197-205.

4. Berenbaum, H., Thompson, R. J., Milanak, M. E., **Boden, M. T.**, & Bredemeier, K. (2008). Psychological trauma and schizotypal personality disorder. *Journal of Abnormal Psychology*, 117, 502-519.
3. **Boden, M. T.**, & Berenbaum, H. (2007). Emotional awareness, gender, and suspiciousness. *Cognition & Emotion*, 21, 268-280.
2. Berenbaum, H., **Boden, M. T.**, Baker, J. P., Dizen, M., Thompson, R. J., & Abramowitz, A. (2006). Emotional correlates of the different dimensions of schizotypal personality disorder. *Journal of Abnormal Psychology*, 115, 359-368.
1. **Boden, M. T.** & Berenbaum, H. (2004). The potentially adaptive features of peculiar beliefs. *Personality & Individual Differences*, 37, 707-719.

### OTHER PUBLICATIONS

3. **Boden, M. T.**, & Gross, J. (in press). An emotion regulation perspective on belief change. In D. Reisberg (Ed.), *Oxford Handbook of Cognitive Psychology*.
2. **Boden, M. T.**, & Oser, M. (2007). Acceptance and Commitment Therapy in the treatment of the severely mentally ill. In R. Walser & D. Westrup (Eds.). *Acceptance and Commitment Therapy for Veterans: Application to Settings, Populations and Diagnoses*. US Government.
1. Lambeth, G., Heller, W., **Boden, M.**, & Markum, J. (2003). Learning disabled students. *Disability Compliance For Higher Education*, 8, 3.

### CONFERENCE PRESENTATIONS

20. Babson, K. A., **Boden, M. T.**, Harris, A. H., Stickle, T. R., & Bonn-Miller, M. O. (November, 2012). Poor sleep quality as a risk factor for lapse following a cannabis quit attempt. In K.A. Johnson S.G. Farris (Chairs) and M. Otto (Discussant). Emotion and Addictive Behavior: Basic Research and Innovative Clinical Applications Symposium. *Symposium accepted for presentation at the 46th annual Association for Behavioral and Cognitive Therapies, National Harbor, MD.*
19. Short, N.A., Babson, K.A., **Boden, M.T.**, & Bonn-Miller, M.O. (November, 2012). Insomnia moderates the relation between posttraumatic stress symptoms and problematic cannabis use among medical cannabis users. *Poster accepted for presentation at the 28th annual International Society for Traumatic Stress Studies, Los Angeles, CA.*
18. Short, N. A., Babson, K. A., **Boden, M. T.**, & Bonn-Miller, M. O. (November, 2012). Insomnia moderates the relation between posttraumatic stress symptoms and problematic cannabis use among medical cannabis users. *Poster accepted for presentation at the 46th annual Association for Behavioral and Cognitive Therapies, National Harbor, MD.*

17. Reber, C. A. S., Babson, K. A., **Boden, M. T.**, & Bonn-Miller, M. O. (November, 2012). Investigating mindful awareness and non-judgmental acceptance as mediators of the relation between PTSD symptoms and problematic cannabis use. *Poster accepted for presentation at the 46th annual Association for Behavioral and Cognitive Therapies, National Harbor, MD.*
16. Galang, J.N., **Boden, M.T.**, Goldin, P.R. & Gross, J.J. (November, 2012). Social self-efficacy in social anxiety disorder. *Poster accepted for presentation at the 46th annual Association for Behavioral and Cognitive Therapies, National Harbor, MD.*
15. Galang, J.N., Babson, K.A., **Boden, M.T.**, & Bonn-Miller, M. (November, 2012). Difficulties in emotion regulation are associated with panic attack symptom severity following marijuana cessation among marijuana dependent veterans. *Poster accepted for presentation at the 46th annual Association for Behavioral and Cognitive Therapies, National Harbor, MD.*
14. Babson, K. A., Blonigen, D., **Boden, M.**, Drescher, K., & Bonn-Miller, M. (November, 2012). Sleep quality among military veterans with PTSD: A factor analysis and structural model of symptoms. *Poster accepted for presentation at the 28th annual meeting of the International Society for Traumatic Stress Studies, Los Angeles, CA.*
13. Babson, K. A., Blonigen, D., **Boden, M.**, Drescher, K., & Bonn-Miller, M. (November, 2012). Sleep quality among military veterans with PTSD: A factor analysis and structural model of symptoms. *Poster accepted for presentation at the 46th annual Association for Behavioral and Cognitive Therapies, National Harbor, MD.*
12. Bucossi, M. M., **Boden, M. T.**, Drescher, K. D., & Bonn-Miller, M. O. (November, 2011). Alcohol/drug problems and active and avoidant coping in the prediction of PTSD symptoms among veterans following residential PTSD treatment. *Poster presented at the 27<sup>th</sup> Annual International Society for Traumatic Stress Studies meeting, Baltimore, MD.*
11. Reber, C. A. S., **Boden, M. T.**, Alvarez, J., McLean, C., Gross, J. J., & Bonn-Miller, M. O. (2011, November). Mindfulness skills and use of emotion regulation strategies among veterans in PTSD treatment. *Poster presented at the 27<sup>th</sup> Annual International Society for Traumatic Stress Studies meeting, Baltimore, MD.*
10. **Boden, M. T.**, Bonn-Miller, M. O., Gross, J. J., Alvarez, J., Kashdan, T., & Kuo, J. (2011, November). Exploring links between dimensions of emotional awareness, emotion regulation and posttraumatic stress disorder. In V. Vine (Chair), *Getting Clear About Emotional Clarity: Construct, Measurement, and Implication for Emotion Regulation and Psychopathology. Paper presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.*
9. Bonn-Miller, M. O., **Boden, M. T.**, Kimerling, R., & Trafton, J. A. (2011, August). Effectiveness of screening and treatment for PTSD in SUD patients: A trial utilizing seeking safety. *Paper presented at the 5<sup>th</sup> annual VHA Mental Health Conference, Baltimore, MD.*

8. Bredemeier, K., Berenbaum, H., **Boden, M. T.**, & Thompson, R. J. (2007, October). Emotional styles, anhedonic depression, and worry. *Poster presented at the annual meeting of the Society for Research on Psychopathology, Iowa City, IA.*
7. Berenbaum, H., Bredemeier, K., **Boden, M. T.**, Thompson, R. J., & Milanak, M. E. (2007, October). Affective instability is associated with the interaction of family history of mood disorders and signs of neurodevelopmental disturbance. *Symposium presented at the annual meeting of the Society for Research on Psychopathology, Iowa City, IA.*
6. Dux, M. C., **Boden, M. T.**, Collins, K. D., Quartana, P. J., & Heller, W. (2005, May). Executive functioning associated with dimensions of psychopathology in females only. *Poster presented at the annual meeting for the Association for Psychological Science, Los Angeles.*
5. **Boden, M. T.**, Mohanty, A., Berenbaum, H., Koven, N. S., Miller, A. G., & Heller, W. (2004, October). Anhedonia and emotional awareness. *Poster presented at the annual meeting for the Society for Research in Psychopathology, St. Louis.*
4. Dizen, M., Thompson, R., Abramowitz, A., Baker, J. P., **Boden, M. T.** & Berenbaum, H. (2004, May). Gender moderates the link between childhood maltreatment and cluster B personality disturbance. *Poster presented at the annual meeting for the Association for Psychological Science, Chicago.*
3. **Boden, M. T.**, Dizen, M., Baker, J. P., & Berenbaum, H. (2003, October). Odd beliefs and emotional awareness. *Poster presented at the annual meeting for the Society of Research in Psychopathology, Toronto.*
2. **Boden, M. T.** & Berenbaum, H. (2003, May). The adaptive functions of peculiar beliefs. *Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago.*
1. Bloch, M. I., DeGere, D., & **Boden, M.** (1999, May). Effects of olfactory stimuli and word type on hemispheric asymmetry. *Poster presented at the annual meeting for the Western Psychological Association, Irvine, CA.*

### TEACHING EXPERIENCE

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| 2012      | Discussant, Case Conference: <i>Do Delusions Have Meaning?</i> Stanford University School of Medicine, Department of Psychiatry & Behavioral Sciences. |
| 2012      | Guest lecture: <i>Marijuana Dependence</i> , Palo Alto University  |
| 2008-2010 | Research Instructor, Stanford University   |
| 2005-2006 | Writing Center Teaching Assistant, Soka University of America, Aliso Viejo, CA   |

- 2003 Instructor, Neuropsychological Assessment Services Practicum, University of Illinois at Urbana-Champaign
- 2001-2006 Research Instructor, Research Assistantship Course, University of Illinois at Urbana-Champaign
- 2000-2001 Teaching Assistant, Selected Topics in Clinical and Community Psychology University of Illinois at Urbana-Champaign

## **RESEARCH ADVISING**

### **Master's Theses Mentored**

- 2011 Carina Remmers: *Anomalous Experiences Contribute to the Formation of Anomalous Beliefs in Supernatural Phenomenon* (The Free University of Berlin)

### **Undergraduate Honors Theses Mentored**

- 2011 Jessica Galang: *Social Anxiety Disorder, Social Self Efficacy, and Cognitive Behavioral Therapy* (Stanford University)

## **CLINICAL EXPERIENCE**

- 2008-2010 Therapist, Behavioral Medicine Clinic, Department of Psychiatry & Behavioral Sciences, Stanford University. Supervisor: Kristine Luce, Ph.D.
- 2008 Therapist, Outpatient Mental Health Center Rotation, Veterans Affairs Palo Alto Health Care System. Supervisor: Robyn Walser, Ph.D.
- 2007-2008 Therapist, Behavioral Medicine Rotation, Veterans Affairs Palo Alto Health Care System. Supervisor: Judith Chapman, Ph.D.
- 2007-2008 Therapist, Inpatient Psychiatry Rotation, Veterans Affairs Palo Alto Health Care System. Supervisor: Debra Stackman, Ph.D.
- 2007-2008 Therapist, Acceptance and Commitment Therapy Mini-Rotation, Veterans Affairs Palo Alto Health Care System. Supervisor: Robyn Walser, Ph.D.
- 2006-2007 Group Therapist, Mindfulness and Acceptance Skills Group, Psychological Services Center, University of Illinois at Urbana-Champaign. Supervisors: Edelyn Verona, Ph.D. & Wendy Heller, Ph.D.
- 2004-2007 Therapist, Adult Psychotherapy Practicum, Psychological Services Center, University of Illinois at Urbana-Champaign. Supervisor: Edelyn Verona, Ph.D.
- 2002-2005 Therapist, Recovery Strength Training Program, Provena Behavioral Health, Champaign, Illinois. Supervisor: Howard Berenbaum, Ph.D.
- 2002-2003 Diagnostic Technician, Inpatient Psychiatry Assessment Practicum, Psychological



Services Center & Provena Behavioral Health, Champaign, Illinois. Supervisor: Gregory A. Miller, Ph.D.

2001-2002 Neuropsychological Assessor, Neuropsychological Assessment Services Practicum, Psychological Services Center, University of Illinois at Urbana-Champaign. Supervisor: Wendy Heller, Ph.D.

2001-2002 Neuropsychological Assessor, Department of Rehabilitation and Education Services, University of Illinois at Urbana-Champaign. Supervisor: Kim Collins, Ph.D.

1998-2000 Neuropsychological Assessor, Psychiatric Research Assistant, San Francisco Veterans Administration Medical Center. Supervisor: Sophia Vinogradov, M.D.

### **Clinical Supervisory Experience**

2006 Supervisor, Adult Psychotherapy Practicum, Psychological Services Center, University of Illinois at Urbana-Champaign

2003-2005 Supervisor, Inpatient Psychiatry Assessment Practicum, Psychological Services Center & Provena Behavioral Health, Champaign, Illinois

2001-2003 Supervisor, Neuropsychological Assessment Services Practicum, Psychological Services Center, University of Illinois at Urbana-Champaign